Good News For Homemakers

Shirley W. Walton
Extension Agent
Prepare to Serve
Holiday Food Safely

Because of requests an article on food safety will again be featured in this column.

Good cleanliness procedures in the kitchen are a daily safeguard against foodborne illness. In order to maintain a healthy environment during holiday meals, planning to serve and store foods in quantity is an additional consideration.

A major concern should be keeping food cold or hot enough to prevent the growth and spread of harmful bacteria. Consider the number of guests, the menu and the quantities of food. Be sure there is adequate refrigerator space, heating units and hot serving aids on hand to maintain correct temperatures.

Extend cold storage by cleaning out the refrigerator, use or discard leftovers. Insulated picnic hampers and cold chests, packed with ice, can keep foods cold for several hours.

Perishable foods should not be allowed to stand at room temperature for long periods of time, in some instances no more than two hours. These include cream pies, creamed vegetables, seafoods and dishes made with eggs, meat and poultry. For example, a favorite meal may include roast beef with pan drippings. If not served correctly, it can be a perfect medium for bacteria to grow and develop! The inside of the meat should be hot. Heat the pan drippings to the boiling point before serving. Don't let the meat stand at room temperature more than two hours, refrigerate leftovers, promptly. If gravy or drippings are kept for a second meal, boil them a few minutes before serving.

Sanitary food handling is of equal importance. Wash hands, utensils, countertops and cutting boards with sudsy water before and after working with food, especially raw meat or poultry. Salmonella bacteria may spread when these items are prepared in conjunction with other foods. For instance, if a knife is used to cut raw meat, then used for chopping salad vegetables, the knife, hands and cutting boards should be washed thoroughly in suds. If this is not done, the bacteria from the meat would transfer a team of Salmonellae to the vegetables, though bacteria on the meat would be destroyed in cooking.

Certain precautions are advisable in preparing a holiday turkey. The larger the bird, the longer it takes to defrost. It can be thawed in the refrigerator. If it must be thawed more quickly, seal in a water-tight plastic bag and immerse in cold water. Defrosting at room temperature invites possible bacteria growth.

Cook thoroughly and at one time. Never partially cook poultry with the idea of finishing later. Bacteria may survive. Stuffing is especially vulnerable to bacteria growth. It is safest cooked separately. However, if it is cooked in the turkey cavity, be sure cooking is complete. Also, prepare the mixture and stuff the turkey **just before** putting into the oven and **never** the night before. If using commercially frozen stuffed poultry, never defrost before baking.

Plan a preparation timetable beginning with foods that can be cooked well in advance and frozen, those that can be refrigerator-stored for a day or so, to dishes which can be made the day of the dinner.

The same rule: keep hot foods hot and keep cold foods cold apply for a buffet meal. Yet, it is likely that food will be served over a longer time span so make arrangements for maximum safety. Display quantities that will be eaten readily replenish from refrigerator or range oven as needed.

Have adequate serving and storage dishes, platters, bowls, cookware and utensils ready. Some things, used only occasionally, may need to be washed first.

Finally, set up the kitchen for easy cleanup and fast storage. Have clean dishes and containers for leftovers available and large trash bags for garbage. For handwashing, fill a pan with hot suds to soak utensils. Rinse and place stemware and other delicate pieces in an out-of-the-way corner, to prevent breakage before washing and storing them. Wash knives separately to avoid accidents. If there is a dishwasher in the kitchen, load dishes and utensils as they are used. The appliance can run while you enjoy the meal or entertain. Plenty of clean sponges, dish towels, hand towels and or paper towels, detergent or soap facilitate continuous cleanup. Do not use the same towel to wipe dishes as is used to dry hands.

Keep the mood festive by eliminating **any** chance of a foodborne illness spoiling the fun. Strict cleanliness and proper food handling, preparation, serving and cleanup will insure a pleasant and healthy time for all!

Homemakers, if you have a homemaking question or problem, you may call 352-8244 or write P. O. Box 488, Appomattox, Va. 24522.

Happy Thanksgiving!

Recipe of the Week
Tukery, Chicken or Ham Casserole

1½ cups chopped meat
1 cup noodles (cook according to package directions)
½ cup chopped onion
½ cup chopped green pepper
1 small jar pimento chopped
dash pepper
½ cup chicken or turkey broth (Unless you use ham, then use ½ cup margarine)
1 can cream of mushroom soup, undiluted
½ tsp. salt
1½ 2 cups grated cheese (mild)

Mix all together. Bake at 350° for 45 minutes. This is an excellent way to use leftover turkey, chicken or ham from the Thanksgiving or other holiday meal.

David Fussell Receives Citation

David A. Fussell of Route 1, Spout Spring, Virginia will be awarded a citation in the North Carolina Saltwater Fishing Tournament for a white marlin weighing 62 lbs. caught off Oregon Inlet, N. C. on September 29, 1979. The citation will be mailed from this office at a later date.

CLASSIFIED ADS GET RESULTS

Thanksgiving Play

The children of Mrs. Virginia Cyrus' second grade class enacted an original Thanksgiving story, Sylvester by Carol Notestein, for schoolmates at Appomattox Primary School. The boys and girls made stick puppet characters which they used in presenting the story to other second graders. Mrs. Notestein is a parent volunteer at the Primary School.

Timothy Mayberry Completes Training

Coast Guard Fireman Apprentice Timothy A. Mayberry, son of Loretta G. and Russell E. Mayberry Sr. of Route 1, Box 361, Appomattox, Va., has completed recruit training at the Coast Guard Training Center, Cape May, N. J.

During the ten-week training cycle, trainees studied general military subjects designed to prepare them for further academic and on-the-job training leading toward their qualification in one of the Coast Guard's 26 basic occupational fields.

Included in their studies were first aid, seamanship, Coast Guard history and regulations, close order drill and damage control.

A 1979 graduate of Appomattox High School, he joined the Coast Guard in June 1979.

Looking for presents without problems? U.S. Savings Bonds fit everyone on your Christmas list. There's never a worry about color or size. And Bonds will fit your budget, too.

Junior Chapter F.H.A. Meeting

On November 15, 1979, the Junior Chapter F.H.A. held its second meeting of the year. Our president, Lori Coggins, called the meeting to order and then Tammy Smith, our chaplin, read a poem for the devotions. Our secretary, Bettina Moore, read the minutes of our last meeting. Then our reporter gave a report on the Federation Rally in Altavista on October 29, 1979. Susan Coggins, our Federation Representative gave a federation report. Our vice-president, Eve Thomas gave a report on the orphan child and then introduced our program. For the first part of our program, Bobby Stanley a high shcool F.H.A. member, talked to us about how to get boys into F.H.A. For the second part, the officers did a skit on "A Modern Thanksgiving." Then Lori Coggins adjourned our meeting.

Reporter
Sheila Woodson

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P205/75R14	42.95	2.33
P215/75R14	48.00	2.50
P225/75R14	50.00	2.67
P205/75R15	43.95	2.52
P215/75R15	48.00	2.68
P225/75R15	50.00	2.72
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Howard L. Elliott Completes Recruit Training

Coast Guard Fireman Apprentice Howard L. Elliott, son of Charles L. and Bettie J. Elliott of Route 2, Box 70, Appomattox, Va., has completed recruit training at the Coast Guard Training Center, Cape May, N. J.

During the ten-week training cycle, trainees studied general military subjects designed to prepare them for further academic and on-the-job training leading toward their qualification in one of the Coast Guard's 26 basic occupational fields.

Included in their studies were first aid, seamanship, Coast Guard history and regulations, close order drill and damage control.

A graduate of Appomattox County High School, he joined the Coast Guard in June 1979.

After they open the toys and ties and wallets and watches, there's one more gift to go. It's a U.S. Savings Bond – nestled at the bottom of the Christmas stocking. It's probably the easiest gift you can give. Just stop at the bank and pick it up. But it's one of the nicest presents anyone could hope for. So fill a stocking this year and a wallet in the years to come.

UDC Meets At Maude's

The Appomattox Chapter of the United Daughters of the Confederacy met at Maudes Restaurant on Thursday, November 15th at 12:30 p.m. for lunch with our president, Mrs. Hazel Lee Martin presiding.

There was an attendance of 17 members present.

Mrs. Pat Davis a new member was welcomed to the chapter. Louise Plunkett led chapter members in Pledges to the United States Flag and salutes to the Virginia Flag and the Confederate Flag.

The ritual and Confederate prayer was given by Hazel Lee Martin.

Mrs. Margaret Lee read a letter of appreciation from the chairmen of the Railroad Festival thanking the chapter for their historical display at Farmers National Bank at Railroad Festival held in October.

It was announced that four lap robes and 33 crutch pads made by chapter members have been brought in to be sent to the Veterans Hospital in Richmond, Va.

Mrs. Lucille Ferrell, chapter historian presented a program on "Service Records for Confederate Marine Corps".

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Mrs. Tilden Lee
U.D.C. Publicity Chairman

DONALD H. ABERNATHY COMPLETES TRAINING

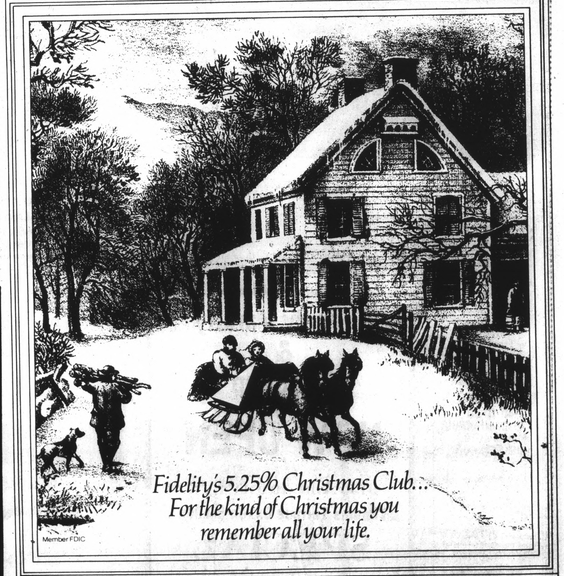
Private Donald H. Abernathy, U. S. Marine Reserve, graduated recently from twelve weeks of boot camp training at Parris Island, South Carolina. He is now taking a special training in diesel engineering at Camp Lejeune, North Carolina where he will be stationed until February of 1980.

Pvt. Abernathy is a 1979 graduate of Appomattox County High School and is the son of Mr. and Mrs. H. C. Abernathy of Appomattox.

A.J. SKATEWORLD
WELCOME TO OUR WORLD
352-2270
ROUTE 24 – APPOMATTOX, VA.

Schedule
Sunday- 7:00 P.M. to 10:00 P.M.
Monday— PRIVATE PARTIES
Tuesday— PRIVATE PARTIES
Wednesday— Fun Night
7:00 P.M. to 10:00 P.M.
Thursday— 7 P.M. to 10:00 P.M.
Friday— 7 P.M. to 10:00 P.M.
9 P.M. to 12:00 P.M.
Saturday— 7 P.M. to 10:00 P.M.—9 P.M. to 12:00 P.M.

ASK ABOUT OUR ALL-SKATE CLUB



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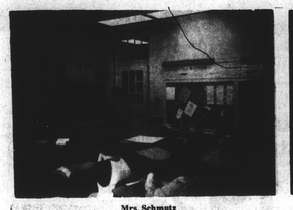
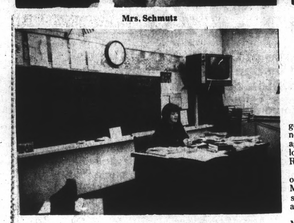


Mrs. Schmutz



Mrs. Coleman

Parents Visit AMS Classrooms

Mrs. Mildred Schmutz and Mrs. Louella Coleman, parents of 7th grade students, Traci and Sally, visited Mrs. Marbella Johnson's social studies class to discuss their occupations. Mrs. Schmutz is a nurse and Mrs. Coleman is a elementary teacher. Students in the seventh grade are learning about many different careers in their social studies classes in an effort to decide what they want to do after they finish school. Several parents have been invited to share their career experiences with their children's classmates. The units that are being taught have been developed as part of the career guidance program coordinated by the counselors and funded by a Title IV-C federal project.

PAMPLIN

Sympathy extended to the families of Dr. John B. Cunningham and Mrs. James L. Evans.

Mr. and Mrs. James F. Gregory of Mitchellville, Md., were the weekend guest of his sister and brother-in-law, Mr. and Mrs. Gilmer Young.

Mrs. Ed. Newton Cunningham of Richmond is spending this week with Mrs. W. R. Brightwell.

Hal Smith of Lynchburg College spent the past weekend with his mother, Mrs. Earl J. Smith.

Mr. Hugh Bateman and Mr. and Mrs. Lawrence Young of Lynchburg were visitors in town last Sunday.

Mr. and Mrs. Joe Bates recent guest were Mrs. Elsie Bates, Mr. Archie Kendrick, Teresa Bates and Bonnie Oakes of Hlev. Mrs. W. C. Cumby, Jr., and son, Keith of Madison Heights.

Mr. Thomas Boggs, Mrs. Perry Lucado and Mrs. C. V. Wingfield represented Pamplin United Methodist Church last Saturday afternoon for a workshop held in Farmville United Methodist Church on **Proclaim The World**, Council on Ministries.

Quite a number from here attended the memorial services at Buffalo Presbyterian Church last Saturday for Mrs. J. Cunningham.

Get The Ad Reading Habit!

EMILY SHEA CELEBRATES BIRTHDAY

Emily Shea celebrated her birthday recently with a party at A. J. Skateworld. Attending were Kim Minnick, Mike Roach, Lisa Doss, Marsha Doss, Stacey Roach, Shawn Moore, "Emily" Danny Williams, Penelope Shea, Amy Shea, Amy Kerr, Jeff Gallinat and Julie Shea.

HOLLYWOOD

If any one has this world's goods and sees his brother in need, yet closes his heart against him, how does God's love abide in him? (John 3:17, RSV)

We were very sorry to hear of the death last week of Mrs. Melvin "Estelle" Garrett. Our sincere sympathy and prayers are with each of her love ones.

Mr. and Mrs. Ryland Mayberry of Newport News spent the weekend in the home of Mr. and Mrs. Kenneth Deaner and family. They visited Mr. Deaner in Virginia Baptist Hospital while here. We pray Mr. Deaner is on the road to recovery and will soon be home.

Mrs. Claude Hamlett of Hurt visited her mother, Mrs. Virgie Beasley Wednesday. Rev. and Mrs. Dan Menser and Mike and Mr. Grover Beasley Jr. visited Mrs. Beasley Sunday.

Mrs. Iva Covington and Mrs. Emma Lemon were visitors Friday afrnoon of Mrs. Mary Bagby. Mrs. Lula Almond called in this home Saturday morning.

Mr. and Mrs. L. L. Webb and Miss Joyce Webb visited Mr. and Mrs. David M. Franklin Sunday aftrnoon. We were happy to hear Mrs. Franklin is feeling some better. She has been greatly missed at church due to her illness.

Mr. Henry Fore of Lynchburg, and Mr. and Mrs. David Repass were visitors Sunday afternoon of Mr. and Mrs. Richard Webb and Mr. Walker Webb.

Visiting Mrs. M. L. Covington Sunday afternoon were Mr. and Mrs. Buck Terry. Mrs. Mildred Thompson and daughter, Joanne of Rustburg.

We were very sorry to hear Mr. Robert Coleman was not as well last week. Visiting Mr. and Mrs. Coleman last week and Sunday were, Rev. Marvin Jacobs and Rev. and Mrs. Carlton Smith of Roanoke, Rev. Clarence Davis, Mr. Bobby Smith, Mr. and Mrs. Roger Godsey and daughter, Mrs. James Conner, Mrs. J. L. Torrence, Mrs. Edna Covington, Mr. Herbert Abbitt and daughter, Mr. Evord Conner, Mr. Alfred Almond and Mr. Orie Milliner,

Mr. and Mrs. Bobby Dill, Tony, Tammy and Jimmie Dill of Bedford, Mr. and Mrs. Bill Watson and family and Mr. and Mrs. W. H. Wingfield and family Sunday.

Mr. and Mrs. Richard Jenkins of Baltimore visited Mrs. Ben Abbitt at the Liberty Nursing Home in Lynchburg and Mr. H. W. Jenkins over the weekend.

Mr. and Mrs. Fred Clabo of Knoxville, Tenn. are spending some time visiting, Mr. and Mrs. Audy Davis and family and relatives in Cumberland and Farmville. Dinner guest Sunday of Mr. and Mrs. Davis and Robin were Mr. and Mrs. Fred Clabo, Mr. and Mrs. Virgie Clabo, and Mr. and Mrs. Jerry Clabo.

Mrs. Shirley Franklin and Mrs. Madeline Inge visited Mrs. Mary Bagby Monday.

Mrs. W. T. Covington was a weekend guest of her sister, Mrs. J. L. Torrence, Mr. and Mrs. Mike Torrence and family, Mrs. Elliott Torrence and Mr. and Mrs. Dennis Torrence visited Mrs. Torrence and Mrs. Covington Sunday.

Mrs. Bob McWilliams was a visitor of Mrs. W. T. Covington Tuesday.

Those visiting in the home of Mr. and Mrs. Monroe Webb and family last week and Sunday were Mr. H. W. Jenkins, Mr. Walker Webb, Mr. and Mrs. Richard Webb, Mr. and Mrs. Earl Beasley, Mr. Jim Franklin, Mr. Elmo Smith, Mr. Henry Fore, Mr. and Mrs. Scott Sheets, Mr. and Mrs. Terry Brennon, Roy and Adam Brennen, Mr. Larry Watson, Mr. John Webb, Mr. Ben Maxwell, Mrs. Reva Webb, Mr. Bob Kenzie, Mr. and Mrs. Jim Webb, Tony, Timmy and Brandy Webb, Mrs. Marshall Goin, Mr. and Mrs. Willie Craft and Kristi, Miss Denise Webb and Mr. Jean Baldwin.

Mr. and Mrs. Thomas Woodall and Lisa served a birthday dinner to Mrs. Mary Bagby Sunday, Nov. 18th. In the afternoon the W. H. Wingfields and Thomas Woodalls served birthday cake and ice cream. Those attending besides the Wingfields and Woodalls were Mr. and Mrs. Bobby Dill and family of Bedford, Mr. and Mrs. Bill Watson and family and Mr. David Drinkard. Mrs. Bagby received many nice and useful gifts from relatives and friends.

ROCKS

NOVEMBER 19 - Thanksgiving is here again. We should be thankful for the many blessing we receive each day.

During deer season which began November 19, drivers must be on the look out for vehicles and pedestrians off to the side of the road.

Mr. and Mrs. Obley Lily, of Odd, W. Va. stopped by to see Mr. and Mrs. Walter Ranson of Pamplin on Tuesday afternoon enroute to Richmond for a few days.

Mr. Walter Shelton came home last week from the hospital much improved.

A number attended the funeral of Mrs. Eugenia Evans on Tuesday morning.

Mrs. Estelle Garrett, of Evergreen, was rushed to Virginia Baptist Hospital Monday night, and passed away Friday morning.

Mr. and Mrs. Tony Cerqua, of Lynchburg, will spend Thanksgiving with his parents, Mr. and Mrs. Dulio Louis Arqua, of Landale, Pa.

Sorry to hear Mrs. Lillie Jennings is on the sick list.

A speedy recovery is wished her.

Glad to hear Rev. R. T. Smith, of Evergreen, is at his home after so long a time.

Tammy Irby is sick.

Mrs. Elsie Ranson had eye surgery at Virginia Baptist Hospital on Thursday.

Ronnie Richardson and Randy Hipps of VPI arrived Friday afternoon to spend Thanksgiving holiday with their parents in Pamplin.

Mrs. Walter Ranson returned home from the hospital Sunday afternoon.

A very large crowd attended the funeral of Mrs. Estelle Garrett on Sunday afternoon. Deepest sympathy is extended the family and love ones.

A large crowd attended the shower given Cindy Roach on Saturday night. She received many nice and useful gifts.

Mrs. Lockie Martin will go for a check-up in Richmond on Tuesday.

Aileen Baldwin is at home from the hospital.

The B.W. Group I Mission Study Class will be held at Evergreen Baptist Church on November 27 at 7:30 p.m.

Training Union M. night meeting at Calvary Church, Concord on November 24, at 7:30 p.m.

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ANNE WINGFIELD CELEBRATES BIRTHDAY

Anne Wingfield celebrated her birthday recently with a party at A. J. Skateworld. Joining her for the celebration were, front row, left to right, David Wingfield, Tracy Perkins, Greg Hamlet, "Anne", Beth Marston, T. W. Layne, and Martha Wingfield; on the second row, left to right, Betsy Wingfield, Kathy Gantt, Teresa Burger, Rhonda Ranson, Karen Gilliam; and on back row, left to right, John Gantt and Jay Wingfield.

Spiritual Knight Singers To Entertain

Spiritual Knight Singers" will entertain us: at "The Chestnut Grove Baptist Church", Appomattox, Sunday, Nov. 25, 1979 at 7:30 P.M. Benefit-Trustee Board. Sponsor: Otis Harvey

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